

# Nutrition Packet

**MARCH**





# Walleye Chowder

by Joe VanAlstine, LTBB of Odawak

## INGREDIENTS\*

- 5 slices bacon, cooked and cut into small pieces
- ½ cup **celery**, chopped
- 1 large yellow **onion**, chopped
- 3 Tablespoons **vegetable oil**
- ¼ cup **all-purpose flour**
- 1 (32 oz.) carton **1% milk** OR 3 - 12 oz. cans **evaporated skimmed milk**
- 2 cups cubed red **potatoes** (2 large or 4 medium potatoes), leave the skin on
- 2 (8 oz.) **walleye fillets**, thawed and cut into chunks
- Freshly ground salt and pepper to taste
- 2 Tablespoons chopped fresh parsley OR green onion (optional but delicious)

Source: LTBB Odawak FDPIR and Community Health programs

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

## INSTRUCTIONS

1. Wash your hands before preparing food.
2. Prepare the bacon, celery, onion, potatoes and walleye.
3. Heat the vegetable oil in a large cast iron pan over medium-high heat. Add the chopped celery and onions, sauté until softened.
4. Sprinkle flour into cooked vegetables and stir until flour is well coated with oil and there are no large clumps of flour. Slowly whisk in the milk. Turn heat to low.
5. Add the cubed potatoes and bacon pieces and stir gently. Reduce heat and simmer for 30 minutes, or until potatoes are cooked through. Stir often to prevent sticking.
6. Add fish chunks, cover and cook for an additional 6-8 minutes, or until fish is cooked through.
7. Season to taste with salt and pepper. Garnish with parsley or green onions and serve.

### NOTES AND IDEAS:

- The walleye chunks may be placed on top of the potatoes; cover the pan with a glass lid to see when fish is done, then mix it in.
- Per Joe, "I like to add a cup of traditional hominy or scorched corn".

### LINKS:

**YouTube:** [https://youtu.be/VO\\_q2YIQP6c](https://youtu.be/VO_q2YIQP6c)

**Instagram:** [https://www.instagram.com/tv/CLuZzf1hT-H/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CLuZzf1hT-H/?utm_source=ig_web_copy_link)

**Facebook:** <https://fb.watch/3TGxMataGE/>

**Download:** [https://itcmi-my.sharepoint.com/:v:/g/personal/mwillette\\_itcmi\\_org/ER9966G1iiZBI89cGFGVLMwBSCepNqhQmFhSat0QnhsGqw?e=qPbbNF](https://itcmi-my.sharepoint.com/:v:/g/personal/mwillette_itcmi_org/ER9966G1iiZBI89cGFGVLMwBSCepNqhQmFhSat0QnhsGqw?e=qPbbNF)

# Blueberry Pancakes (Serves 4 people)

## INGREDIENTS\*

- 2 cups **whole wheat** OR **whole grain white** OR **all-purpose flour**
- 2 teaspoons baking powder
- 2 Tablespoons maple sugar OR brown sugar OR white sugar
- ½ teaspoon salt
- 2 **eggs**, lightly beaten
- 2 cups **1% milk** OR 1 can **evaporated milk** + ½ cup water
- 2 Tablespoons **vegetable oil**
- ½ teaspoon vanilla extract (optional – may use ground cinnamon or grated orange rind)
- ¾ to 1 ½ cups frozen **blueberries**

Adapted from: Recipes Wrapped with Love, 2011 The Chickasaw Nation Food Distribution Program

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

## INSTRUCTIONS

1. Wash your hands before preparing food.
  2. Mix or sift flour, baking powder, sugar and salt together in medium-size bowl.
  3. Blend eggs, milk, vegetable oil and vanilla extract together in small bowl.
  4. Add egg mixture to flour mixture. Stir until dry ingredients are moistened (batter may be lumpy). Add blueberries to batter OR sprinkle a few on each pancake when cooking.
  5. Preheat griddle or frying pan with small amount of oil. Pan is hot enough for pancake batter when water sizzles when sprinkled on hot pan.
  6. Cook pancakes until they are bubbly, and edges start to dry. Flip and cook other side until lightly browned.
- Serve with **unsweetened applesauce**, **canned peaches**, or **butter** and maple syrup or honey.

### NOTES AND IDEAS:

- Add a side of scrambled **eggs** OR cottage cheese to make this a complete meal.
- These can be served for any meal. Enjoy them with a variety of toppings!

# Advance-Prep Cooking

It can be a challenge to make a meal after a busy day, but it's a lot easier when you do some advance planning and preparation. Cooking at home may be more economical and lower in added sugars, solid fats, and salt than ordering in or eating out.

## STEPS TO MEAL PREPPING

Meal prepping is the process of using a dedicated block of time to prepare some or all of your ingredients or meals in advance. Get started with the tips below.

- **Pick what to prep.** Write down the meals and/or snacks you want to prepare for the week and gather any needed recipes. If you're new to meal prepping, choose 1 meal or side dish to prep—maybe breakfast or brown-bag lunches—rather than tackling all of your meals and snacks.
- **Take stock of ingredients.** Check your refrigerator, freezer, and pantry for needed ingredients and add missing items to your shopping list. If you plan to use frozen meat, poultry, or seafood, place it in the fridge with enough time before your prep session to defrost safely. Make sure you have enough storage containers and lids, too.
- **Have a written plan.** Jot down the meals you plan to make and sketch out the required tasks for each. Be efficient! If you're going to cook a roast for 1 hour, start that first so you can continue with other tasks while the roast is in the oven. If you need chopped onions and minced garlic for 2 or more dishes, chop them all at once. Also write down which day you'll serve each meal and any last-minute steps needed to complete it. Use more perishable ingredients (like salad greens) earlier in the week and other ingredients (like hardboiled eggs) later in the week.
- **Block out a few uninterrupted hours.** Weekends are a popular time to meal prep, but if a weekday or evening works for you, go for it! Meal prep can also be done in shorter blocks of time during the week if you prefer.
- **Get prepping!** It's time to execute your plan. Make it fun by listening to music or a favorite podcast. Or enlist your partner, roommate, or kids to help out. See the Electric Helpers sidebar for appliances that can streamline food preparation.



## MORE MAKE-AHEAD TIPS

- **Consider component cooking.** Not enough time to meal prep? Instead, make 1 or 2 component foods to use in meals during the week. For instance, bake boneless, skinless chicken breasts to top a salad one night and to shred for taco filling another night. In general, try to use leftover cooked foods within 3 to 4 days.
- **Buy into batch cooking.** Double recipes so you can eat 1 meal now and freeze another meal for later. Soups, stews, and chili freeze well, as do meal components like cooked whole grains.

M	chili	
T	spaghetti	
W	tilapia, rice & squash	
T	leftovers	
F	restaurant	
S	Salad & soup	S Stir fry

# Advance-Prep Cooking

(continued)

## ELECTRIC HELPERS

A slow cooker is a countertop appliance that cooks foods with low, steady, moist heat over several hours. That means you can start dinner in the morning and it will be ready by dinnertime with little or no attention needed. Slow cookers do a great job of tenderizing tougher cuts of meat and turn out delicious soups, stews, and chili. Slow cookers come in multiple sizes, from 1 quart for preparing an appetizer to 10 quarts for preparing a meal for 4 to 6 people.

An electric pressure cooker builds up steam inside to cook foods quickly at a high temperature. Pressure cooking works well with tougher cuts of meat, soups, stews, and chili. Use it to cook dry beans as well. Non-electric stovetop pressure cookers are also available.

A multicooker is a countertop appliance that performs like several devices, such as a pressure cooker, slow cooker, rice cooker, yogurt maker, steamer, and warmer. Multicookers also have a sauté function for browning or sautéing ingredients before you slow cook or pressure cook them. Versatile multicookers are a space saver since you won't need multiple single-use appliances.

A sous vide [SUE-VEED] machine cooks vacuum-sealed bags of food to a precise temperature in a water bath. You can then store these foods in the refrigerator to use later in the week or freeze for future meals. The sous-vide method works well with protein foods such as beef, pork, chicken, and fish but can also be used for eggs, vegetables, and more.

# OMEGA-3 Fats

Omega-3 fatty acids are a healthy fat found in some foods. This type of fat can help reduce build-up in your arteries. Omega-3s may also decrease triglycerides (unhealthy fats) in your blood.

Eating foods with omega-3 fats each week may reduce your risk of heart disease. This includes certain fish and seafood as well as some vegetable oils, nuts, seeds, and soy foods.

## WHICH FOODS PROVIDE OMEGA-3S?

### EPA AND DHA

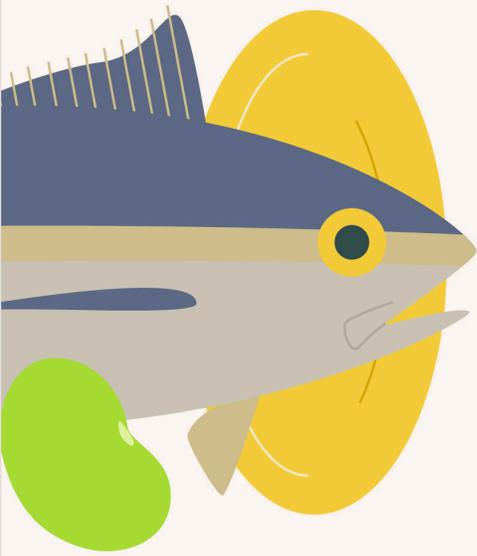
Fish and other seafood contain the omega-3 fatty acids known as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Aim to eat 2 servings of fish or seafood each week. 1 serving is 4 ounces cooked (about the size of a deck of cards). Foods that provide EPA and DHA include:

- albacore tuna
- salmon
- trout
- halibut
- mackerel (atlantic and pacific)
- herring
- sardines
- shellfish, such as crab, lobster, and shrimp
- Bulgur (cracked wheat), quinoa, whole grain barley, millet

### ALA

Fish and other seafood contain the omega-3 fatty acids known as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Aim to eat 2 servings of fish or seafood each week. 1 serving is 4 ounces cooked (about the size of a deck of cards). Certain plant-based foods contain the omega-3 fatty acid known as ALA (alpha-linolenic acid). Foods high in ALA include:

- walnuts
- ground flaxseed
- hemp seeds
- canola oil, soybean oil, and walnut oil
- foods that are fortified with ALA, such as certain types orange juice, yogurt, and tub margarine (read food labels to find these products.)



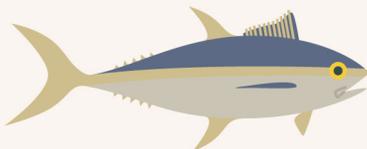
## WHAT ABOUT MERCURY?

Mercury is an element that occurs naturally and can collect in streams, lakes, and oceans. Fish absorb mercury from the food they eat, and it can build up in some types of fish, especially in larger fish that eat other fish and those fish that live longer. Mercury can be harmful to the brain and nervous system if a person is exposed to too much of it over time.

Certain types of fish, such as shark, tilefish (from the Gulf of Mexico), swordfish, orange roughy, bigeye tuna, and king mackerel, have high levels of mercury. For most people, a variety of seafood and choices that are lower in mercury are recommended, such as salmon, herring, trout, and Atlantic or Pacific mackerel.

However, children and women who are pregnant or breastfeeding should avoid eating any fish with high mercury levels. Those with moderate amounts of mercury, such as halibut or albacore tuna, may be limited to 1 serving per week, according to the US Food and Drug Administration (FDA) and Environmental Protection Agency's (EPA) current advice.

*For more information, see [www.FDA.gov/fishadvice](http://www.FDA.gov/fishadvice)*



# OMEGA-3 Fats (continued)

## MEAL PLANNING TIPS

Here are some ways to fit omega-3s into your daily meals and snacks:

- Add hemp seeds or ground flaxseed to cereals, yogurt, and salads.
- Substitute ground flaxseed for butter or oil when baking. Use 3 Tablespoon of ground flaxseed instead of 1 Tablespoon of oil.
- Use vegetable oils, such as flaxseed oil, walnut oil, canola oil, or soybean oil.
- Top mixed greens with 4 ounces of grilled salmon for a delicious and hearty salad.
- Snack on edamame or unsalted walnuts, or toss them into a salad.
- Get the most benefits from fish by choosing heart-healthy cooking methods:
  - Grill, steam, bake, or broil fish instead of frying it.
  - Flavor fish with low-sodium, low-fat seasonings, such as lemon, spices, and herbs.

## OMEGA-3 SUPPLEMENTS

Omega-3 supplements may be beneficial in combating heart disease. You may benefit from taking an omega-3 supplement if:

- You are unable to eat the recommended servings of fish or seafood per week.  
OR
- You have high triglycerides.

Talk to your health care provider to find out if an omega-3 supplement is right for you.

# Onaabani Giizis – Snow Crust Moon

## 1ST MOON LESSON – MARCH

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Ziigwan Onaabani-giizis Bezhig Inawemaagan Zhiwaagamizigan Biskitenaagan Miinikaan	Zee-gwun O-nah-buh-nih-gee-zis Bay-zhig Ih-nah-way-mah-gun Zhee-wahgu-mih-zih-gun Bih-skih-tay-naw-gun Mee-nih-kahn	Spring Snow Crust Moon One Relative Maple Syrup Birch bark Sap Buckets Seed

\*In the White Earth Indian Community, the 1st Moon is called Snow Crust Moon. What is the name for the 1st Moon in your community? Who would you ask to find out?

### MAPLE SYRUP IS OUR RELATIVE

#### MAPLE SYRUP NUTRITION INFO:

- Pure maple syrup is much healthier than processed white sugar. One cup contains more calcium than the same amount of milk; more potassium than a banana.
- Great source of magnesium, phosphorus, zinc and iron. Has traces of B Vitamins (help maintain healthy skin and muscle tone, enhance immune system, and combat stress symptoms, depression, and cardiovascular disease).
- May help regulate weight.



### 13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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